Power Plate



Fill up on Fiber

Fiber helps us feel fuller on fewer calories and rids our system of excess toxins and hormones. Without adequate fiber, hormones and other chemicals are continuously reabsorbed back into the bloodstream, staying in the body longer than they should.

Fiber comes in two forms: soluble and insoluble. Soluble fiber, found in oats, barley, and legumes, dissolves in water (think of creamy oatmeal) and is especially known for its ability to control cholesterol levels.

Insoluble fiber is found in wheat, rice, and many other grains. It doesn't get gooey like oatmeal, rather it behaves like tiny little scrub brushes, keeping the intestinal contents moving along quickly.

The Quick Fiber Check

is a handy little tool. Using

its simple scoring concept,

which takes only a minute

or two to learn, you'll

automatically be able to estimate the fiber content

of virtually everything in

To check your own meals,

write down everything you

ate or drank for one full

day on this form (see next

page). Now, next to each

food, jot in its fiber score

(each point = one gram of

fiber), using this guide.

the grocery store.

Quick Fiber Check



Beans:
For each serving of beans or lentils
(one serving = $1/2$ cup) or any food
that includes about this amount of beans or
lentils as an ingredient.

7 points

Soy:

One cup of soymilk or 1/2 cup tofu

1 point

Vegetables:

For each serving of vegetables (one serving = 1 cup

4 points*

*lettuce= 2 points

Fruit:

Medium piece of fruit (e.g., apple, banana, 1 cup of applesauce, a banana smoothie)

3 points*

*one cup of juice = 1 point

Grains:

Whole grains (e.g., whole-wheat bread, oatmeal, bran, brown rice) score higher than processed grains (e.g., bagel, white pasta, white rice)

1 point = processed grains*

*white bread, bagel, white rice, processed cereal

2 points = whole-wheat processed grains*

*whole-grain bread, whole-grain pasta

3 points = whole grains*

4 points = oatmeal

8 points = bran

Meat, Poultry, and Fish

Eggs and Dairy

Soda

*whole-grain cereal, brown rice

for Responsible Medicine

0 points

0 points

0 points

Physicians Committee.org

Quick Fiber Tracking Chart

There is plenty of fiber in vegetables, fruits, beans, and whole grains. Animal products, however, don't have any fiber at all. The average American gets only 10 to 15 grams of fiber per day – a sensible and easily reached goal is 40 grams per day. Try increasing your fiber intake gradually, rather than in one jump. It may take a few weeks for your digestive tract to get used to the change.

Food (only one ingredient per line)	Fiber Score
Total Points	
Total Tollito	

Interpreting Your Quick Fiber Check Score



Less than 20:

You need more fiber in your diet. As it is, your appetite will be hard to control, and you may have occasional constipation. Boosting fiber will help tame your appetite and can cut your risk of many health problems.



You are doing better than most people in Western countries, but as you bring more fiber into your diet, you will find that it makes the food you eat more satisfying and cuts your calorie intake a bit.



40 or more:

Congratulations. You have plenty of healthful fiber in your diet. It tames your appetite and helps keep you healthy. Fiber also reduces your risk of cancer, heart disease, diabetes, and digestive problems.



5100 Wisconsin Ave., NW, Suite 400, Washington, DC 20016 TEL: 202-686-2210 | FAX: 202-686-2216 PhysiciansCommittee.org